


EAST REGION VOLUNTARY RULES 2016

LEVEL 5 – 8 Years

<p>A = 0.10 B = 0.20 C = 0.30 D = 0.40 E = 0.50 F, G, H = 0.50</p>	<p>Elements will be given Difficulty Value according to FIG Cycle 13 Code of Points [2013] Rules and Regulations are as FIG Cycle 13 Code of Points, unless stated otherwise. FIG Execution, Artistry and Choreography penalties will be applied. BARS/BEAM/FLOOR – 8 highest elements including dismount BEAM/FLOOR – 5 acrobatic [max] + 3 dance [min] FLOOR 4 x Acro lines [max] Same element can only count once EXCEPT on Bars where an FIG Coded element may be repeated for Difficulty Value *Bonus will only be awarded for successful performance of the skill/combination as per FIG requirements*</p>			
Short Exercise	<p>FIG Rules apply for Beam & Floor On Bars, an exercise with less than 5 elements will be deducted 1.00 for each missing element</p>			
	<u>VAULT</u>	<u>BARS</u>	<u>BEAM</u>	<u>FLOOR</u>
Apparatus	Spring board 80cm safety mats + 20cm additional mat	FIG Bar regulations	FIG Beam regulations	FIG Floor regulations
Requirements	<p>Handspring from springboard to feet on level mats immediate fall to front</p> <p>Run and hurdle step onto springboard, arm swing into a handspring to feet on safety mats immediate fall forwards to front.</p>  <p>Judges will cease scoring once the gymnast lands on her feet provided she has forward momentum. There will be no deduction if the gymnast over rotates to her front in the direction of the vault. (Gymnasts who land with insufficient rotation and step/fall backwards will be deducted accordingly).</p>	<p><i>The only CR required at this level is the dismount. The gymnast will receive 2.50 for CR as long as she performs a routine with an A dismount. If she performs a higher value dismount or an unpermitted uncoded dismount she will receive 2.00 CR</i></p> <p>Dismount *A only allowed* OR NO DV/CR</p>	<ol style="list-style-type: none"> Connection of minimum 2 different dance elements: <ul style="list-style-type: none"> To include 1x leap/jump/hop with 180° split (cross or side) or straddle position Any coded 1/1 spin on one foot in forwards direction 1 x acrobatic element with flight <ul style="list-style-type: none"> [not salto] not connected into dismount Acro elements in different directions [fwd/swd & bwd] Dismount <p>*A only allowed* OR NO DV/CR</p>	<ol style="list-style-type: none"> Dance passage to include minimum 2 x different leaps or hops: <ul style="list-style-type: none"> To include 1 x leap or hop with 180° split (cross or side) or straddle position Any coded 1/1 spin on one foot in forwards direction – D panel deduct for the missing CR if a spin is not performed, E panel do not apply the penalty in composition/choreography 2 x saltos in different directions [fwd/swd & bwd] No CR required – gymnast receives 0.50 Dismount <p>*A or B salto only allowed* OR NO DV/CR</p>
Uncoded Elements Permitted May receive 0.10 DV	<p>One Vault only</p> <p>**If a void vault is performed and scores zero a second vault may be performed with a 1.00 penalty**</p>	<p>Cast above 45° ¼ Giant from LB to HB Squat onto low bar - jump to catch high bar Tucked/straight leg sole circle (Neither of the above will incur 0.50 deduction for "Jump from LB to HB". The tucked sole circle will not incur bent leg penalties) Straddle on undershoot dismount – will fulfil the dismount CR</p> <p>**Back hip circle [2.105] is permitted**</p>	<p>Forward roll Cat leap Tuck jump</p>	<p>Cartwheel Backward walkover Forward walkover Valdez Backward roll to handstand Handspring Handstand forward roll Cat leap Tuck jump</p>
Barred Elements Not permitted NO DV		<p>Cast to handstand with legs straddled [2.101] Cast to hdstd straddle legs & ½ turn [2.201] Dismounts: Salto backward tucked or piked [6.104] Salto forward tucked or piked [6.108] DV higher than salto backward straight</p>	<p>Any saltos [other than dismount], free cartwheel, side salto and free walkovers Hops/jumps/leaps with LA turn Hops/jumps/leaps to front support</p>	<p>All elements above B in difficulty value Hops, jumps, leaps to front support</p>
GBR Bonus In addition to FIG		<p>0.5 - Backward giant without fall [given once only]</p>		